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**DE NIRO'S
NEW FAMILY
OF WISEGUYS**METRO FILM CRITIC TAKES
A LOOK BACK ON THE
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Jackpot**NEWS
WORTH
SHARING.


Game on! Chris McInnis gathers some of the equipment he needs for the board games blitz.

MIKE DONACHIE/METRO

Are you game for the record-breaking Blitz?

The Great Canadian Board Game Blitz.

Nobody will be bored at this eight-hour tabletop games marathon

**MIKE
DONACHIE**

mike.donachie@metronews.ca

Are you a master of the dice and a champion of the cards?

Then get ready to roll them, stack them up, slap them down and tax your brain as London sets out to break a record.

The Great Canadian Board Game Blitz lands in the Forest City on Sept. 21, and, with tabletop games growing in popularity across Canada, the event's organizers are planning to make it the best one ever.

Anyone who's expecting Monopoly or Clue had better get ready to try new things.

This contest is all about four-player strategy games, with people collecting points over a gruelling eight-hour challenge.

The most points wins. "It's a tournament that's

Get aboard

Games on offer at the Great Canadian Board Game Blitz will include:

- **Settlers of Catan:** Players accumulate resources to build cities and roads.
- **Ticket to Ride:** Cities are connected across the country using a railway.
- **King of Tokyo:** Described as "Godzilla Yahtzee," this one's a dice-rolling game.
- **Seven Wonders:** Collect cards to build an empire.

held all over Canada," said Chris McInnis, whose Dundas Street store, Uber Cool Stuff, includes board games as part of its, well, uber cool stuff.

"People get together and play board games in groups of four over the course of eight hours. They accumulate points and one person is crowned the board game champion."

So far, the biggest blitz had 48 players, but McInnis is aiming to beat that. His target is 64, but they'll

take as many people as possible — as long as they all divide into teams of four.

The Blitz will take place across the street from Uber Cool Stuff in Chaucer's Pub, starting at 11 a.m.

As well as participants, they want some volunteers to teach the games to newbies.

"I just love board games," said McInnis.

"They are the ultimate form of social entertainment."

"If you watch TV together or go to a movie with people, you're just sitting there. You're not really interacting."

"Games are tremendously fun and you can learn a lot about yourself and the people you're playing with, too. It's a great way to meet new people."

It's all for a good cause, too.

Everybody taking part has to pay \$10, with the money going to charity.

"All the proceeds are going to Project Play, to buy games for kids at local community centres," McInnis added. "Everyone should have a chance to play games and have fun."

Offering praise

City council gets budget boost

Extra millions in the pot for city spending led to smiles all round on Tuesday.

Councillors were full of praise for staff's cost-cutting efforts when they were presented, at the corporate services committee meeting, with an expected \$10.7 million in budget surpluses for 2013.

"It's good news," grinned Mayor Joe Fontana. "Everybody's working on the priorities we've set."

Based on spending through June 30, the operating-budget surplus is expected to be \$4.3 million.

The surplus stems, in part, from \$1.6 million in cost cutting and a one-time \$3.7 million injection from the province as a bonus for offering a plethora of social programs.

As for the expected \$6.4 million surplus in the capital budget, that's a complex arrangement of projects that ended, meaning debt and other costs won't be paid, and money being repaid to reserves.

The money will become part of the city's 2014 budget process. Councillors didn't make any suggestions Tuesday on how to spend it.

MIKE DONACHIE/METRO



Mayor Joe Fontana
CONTRIBUTED



Coun. Nancy Branscombe, pictured during a council committee meeting earlier this year, was one of several politicians unhappy Tuesday about what she considered a lack of public notice about plans to increase fees for using Centennial Hall. MARK SPOWART/FOR METRO

City to hike charges at hall, but do you care?

Empty. Councillors unhappy after nobody turns up at public meeting



MIKE
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Did you know the city is raising the fees to rent Centennial Hall by as much as a third?

You probably didn't, and apparently nobody else did either.

There was unhappiness at city hall Tuesday as council's corporate services committee opened a public participation meeting on the issue.

None of the public turned out. None. Zip. Silence in the room.

That didn't please Coun. Nancy Branscombe, who said the rise in charges is an important change.

"I just want to know how this meeting is advertised to people that use our services at Centennial Hall," she said, and it would have been "courteous" to issue a special invitation to all users.

City clerk Cathy Saunders explained the normal procedures were followed, including a posting on the city council website and a local newspaper ad.

Branscombe accepted that the rules had been followed, but said that fell short of "the spirit of working with people that use our facilities."

Coun. Bud Polhill chimed in.

"I kind of agree with the comments because there's no

Fees up

Proposed increases for Centennial Hall users include:

- Auditorium rental: Currently \$975 plus chair removal; new charge \$1,500.
- Auditorium, June to August: \$900 plus chair removal; new charge \$1,000.
- Rehearsal stage: \$500; new charge \$600.
- Banquet hall: \$750; new charge \$1,000.
- Trade shows: \$575 per day, plus seven per cent of sublets and seven per cent of admissions; new charge \$1,000 per day.

body here and there should be," he said.

"We have a minimum standard to meet and sometimes that minimum standard isn't enough."

Saunders agreed to talk to the company that manages

the hall and ask it to alert hall users to important issues in the future.

Although the public's chance to discuss the changes has gone, they will only be final if approved by council next week.

End to opiate addiction? Western researchers say they've made a big jump

Neuroscientists at Western University have made a discovery that could be the answer to ending opiate addiction.

Research led by Steven Laviolette at the Schulich School of Medicine and Dentistry was able to identify how exposure to heroin affects a specific region of the brain

that controls memories related to opiate addiction, withdrawal and relapse. The idea is that understanding how the brain stores positive memories associated with drug use could help in developing treatments that would, essentially, flip a switch, making relapse less likely. METRO

Alleged drunk driver

Collision sends two to hospital

Two people were taken to hospital Tuesday after an alleged drunk driver rammed into the back of a Honda on Dundas Street at the intersection of Oxford Road 4 in Woodstock.

Police say the Honda was travelling at about 60 kilometres per hour at 12:24 a.m. when it was hit by a Toyota. METRO

Debates. Performing arts centre meetings to begin

Londoners have their first chance to join the debate on London's competing performing arts plans Wednesday night.

The first of two meetings about duelling projects pitched by the Grand Theatre and Orchestra London takes place from 7 to 9 p.m. at the London Convention Centre. A second meeting is on Sept. 26.

Orchestra London wants to build a 1,300-seat auditorium, plus a 12-storey office tower and another tower with 200 homes. The Grand wants to expand, with a hall seating 1,200 people and a high-rise of condos.

The price tags are \$109 million for the Grand Theatre project and \$142 million for Orchestra London's plans. METRO

Canadians held in Egypt. Hollywood acts on behalf of Loubani and Greyson

If diplomacy won't work, maybe the unstoppable force that is the Hollywood star machine might.

More than three weeks after London emergency-room doctor Tarek Loubani and Toronto filmmaker John Greyson were arrested in Egypt, some big names have joined the thousands of voices demanding their freedom.

Amid the pomp and circumstance of the Toronto International Film Festival (TIFF), director Atom Egoyan, actor/director Sarah Polley and *Life of Pi* author Michael Ondatje presented a letter signed by more than 300 artists, including Alec Baldwin, Ben Affleck and Charlize Theron urging the Egyptians to release the duo.

Loubani was on a medical mission to Gaza with Greyson, who was there to film it, when they discovered the border they intended to cross was



Tarek Loubani
TORSTAR NEWS SERVICE

closed due to the violence in and around Cairo.

They stopped at a police station to ask for directions and were arrested, their supporters have said.

Four days after being detained, an Egyptian prosecutor sent a press release to local media outlets stating the pair were part of a larger group of men with plans to attack a police station and threatening public security.

SCOTT TAYLOR/METRO

Peloso. Smitherman's husband missing: Police

Toronto police say the husband of former Ontario health minister George Smitherman has gone missing. Police say Christopher Peloso, 39, was last seen Monday at 4 p.m. in the city's midtown.

Police describe Peloso as white, 5-foot-8 and 150 pounds with brown eyes and short, light-brown hair. They say he was last seen wearing a dark-blue jacket with hood, tan-coloured cargo shorts and blue flip-flops.

Police are concerned for his safety.

Smitherman served as the province's deputy premier, health minister and energy

Quoted

"Michael, Kayla and myself, with the support of family and friends, are hopeful that our husband and father will be home safely soon."

George Smitherman, in a statement Tuesday saying he and his family hope Peloso is found quickly.

minister before he stepped down to run for Toronto mayor in 2010.

The couple were married in August 2007 and have two kids. **THE CANADIAN PRESS**



Training turning the tide on suicide stigma

safeTALK course.

800 people trained to identify people with thoughts of suicide



SCOTT
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It's one of the last frontiers — the stigma many feel uncomfortable discussing and one that too often ends tragically.

To contradict a once-popular song, suicide isn't painless. Not by a long shot.

Yet one of the easiest and most effective ways to save someone is talking to them, to ask them questions and really listen to them.

There are no simple answers, but there are simple ways to help.

That's somewhat the mantra of the London-Middlesex Suicide Prevention Council, the organization that has now enrolled and trained 800 people in its safeTALK course.

Reducing stigma has been a long, grim struggle, said Lynda Cowie, the organization's project coordinator, but progress is being made.

"I think we're moving in the right direction. We haven't won the battle with stigma yet, but I think we're at a tipping point," she said. "We're really starting to open the door to discussions about suicide."

That's where it all begins.

The safeTALK session is training that prepares anyone over the age of 15 to identify people with thoughts of suicide and connect them to

Suicides in London

For the period 2000 to 2010, statistics recorded by London police show:

- There was an average of 34 suicides each year, ranging from 26 to 47 deaths annually.
- 75 per cent of people who committed suicide were men, and the average age was 44.
- 25 per cent of people who committed suicide were women, and the average age was 51.

Suicides in Middlesex

From 2002 to 2012, statistics recorded by the Office of the Chief Coroner show:

- There was an average of 49.2 suicides each year, ranging between 30 and 54 deaths annually.
- 73 per cent of people who committed suicide were men.
- 67 per cent of those who died were age 50 or under.



Ready to take part in the Lifting the Silence Walk on World Suicide Prevention Day are Annette Dennis, left, of the organizing committee, Bill Hill, a Mohawk from the Six Nations who opened the program with a smudging ceremony, and Brent Hebert of the band The Allens, who performed at the event. **MIKE DONACHIE/METRO**

reach out to anyone, anywhere to recognize warning signs from someone who might be at risk for suicide and to be able to point them in the right direction for where to get help," chair Bonnie Williams said.

London Police Deputy Chief Brent Shea applauds the program and stresses that

mental illness is a disease like any other.

"There are numerous success stories where impacted individuals have had assistance, just as they would with any other illness," he said. "That's the key, I think, to move forward in their lives."

For more information or for help, go to lmspca.ca.

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Ponder before you puff. Pot can trigger psychosis in those prone to it: Study

A national study on pot use and psychosis released by the Schizophrenia Society of Canada (SSC) on Tuesday shows the drug can trigger and worsen psychosis in young people already prone to the psychiatric disorder.

The research is part of an SSC project funded by Health Canada that aims to give young people pause before they light their first joint.

"Hopefully it'll inform kids as to whether or not to use cannabis based on a knowledge of their family's (mental-health) history," explained SSC CEO Chris Summerville.

"Does marijuana specifically in and by itself cause a mental illness? No. But does it make your risk greater? Yes."

Summerville said past research has shown young people who are already vulnerable to psychosis are four to seven times more likely to become ill.

The recently completed four-year study, led by Dr.

How it works

According to the Schizophrenia Society of Canada, scientists think cannabis can cause psychosis because it interrupts neurotransmitters, like dopamine, which can interfere with the brain's communication systems.

Katherine Boydell at Toronto's Hospital for Sick Children, saw 28 young people who had both used pot and experienced psychosis chosen as research assistants to lead interviews, focus groups and workshops with 50 other young people with similar experiences.

Participants used their experiences to create educational videos that are now on YouTube, and the research was used to create an interactive e-learning component that can be found at cannabisandpsychosis.ca.

SHANE GIBSON/METRO IN WINNIPEG



The research is part of a campaign to get youth to consider the risks before getting high. CHRIS HONDROS/GETTY IMAGES

The Arctic. Three dead in daytime helicopter crash

Three people are dead after a Canadian Coast Guard helicopter crashed in Arctic waters during a routine patrol to check ice conditions.

The helicopter had been stationed on the icebreaker Amundsen, which was sailing through M'Clure Strait in the western Arctic as part of a regular program of scientific study.

Those killed have been identified as Marc Thibault, commanding officer of the ship, helicopter pilot Daniel Dube and Klaus Hochheim, a veteran University of Manitoba Arctic scientist.

"We are deeply affected by

this tragedy," said Mario Pelletier, the coast guard's assistant commissioner. "Our deepest condolences go to the families of our colleagues, who we like to think of as our friends."

"We lost contact with the helicopter. The ship made its way to the last known position and found three persons in the water."

Pelletier said weather conditions at the time of the crash Monday were good. The accident occurred during daylight.

All three who died were wearing safety equipment at the time, Pelletier said.

THE CANADIAN PRESS

Proposal released for religious-symbols ban

Quebec. Details met with widespread and fervent condemnation from political figures

Quebec would become the only jurisdiction in North America to impose a sweeping ban on religious clothing for public employees, including at schools, hospitals and courthouses, under a "Charter of Values" whose details were released Tuesday.

If adopted, the plan would apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants.

It would impose a career-or-faith dilemma on judges, police, and prosecutors; public daycare workers; teachers and school employees; hospital workers; municipal personnel; and employees at state-run liquor stores and the auto-insurance board.

The early reaction suggests the plan will not pass in the current legislature in its present form, which leaves two likely outcomes: It will either be watered down for adoption now or kept intact for later use as an election issue when the Parti Québécois seeks a majority government.

The minister responsible for the plan presented it as a guarantor of equality within a secular state.

"The time has come to unite us around clear values and common rules," said minister Bernard Drainville. "Quebec is increasingly a multiethnic, multireligious society. This is a great source of richness. It's also why we need clear rules."

THE CANADIAN PRESS

A woman wears a niqab as she walks in Montreal. If adopted, the ban would also apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants. RYAN REMIORZ/THE CANADIAN PRESS



'We need clear rules'

Plan appears inconsistent

Would elected officials be subject to these rules? No, he replied; voters have a right to choose their representative. That means Quebecers could elect a premier with a hijab — who would then force her employees to remove theirs.

What about courtroom witnesses and elected politicians who still swear an oath on the Bible?

"Oh, my God," Drainville replied. "We'll get back to you." THE CANADIAN PRESS

Street View

Court confirms Google goofed by data trawling

Attorneys suing Google for enabling its camera-carrying vehicles to collect emails, passwords, images and documents while photographing neighbourhoods for the search giant's "Street View" maps look forward to resuming their case now that a federal appeals court has ruled in their favour.

The U.S. Court of Appeals in San Francisco said Tuesday that Google went far beyond

listening to accessible radio communication when they drew information from inside people's homes.

Google has promised to stop collecting the data and said that collecting data from public Wi-Fi networks in more than 30 countries was inadvertent but not illegal.

"Even if it is commonplace for members of the general public to connect to a neighbour's unencrypted Wi-Fi network, members of the general public do not typically mistakenly intercept, store, and decode data transmitted by other devices," wrote the three-judge panel.

THE ASSOCIATED PRESS

Picking Mr. Right

Do modest gonads mean better dads?

Men with smaller testicles appear to be better fathers to toddlers, according to new research.

They are more likely to be involved in hands-on care, anthropologists at Emory University have found.

Their research, published in the Proceedings of the National Academy of Sciences, also found that smaller testicular volumes correlate with more nurturing-related brain activity in fathers as they are looking at photos of

their own children.

"Our data suggests that the biology of human males reflects a trade-off between investments in mating versus parenting efforts," says Emory anthropologist James Rilling, whose lab conducted the research.

Previous research has shown that lower levels of testosterone in men correlate with greater paternal involvement and higher levels correlate with divorce and polygamy.

But testes volume is more highly correlated with sperm count and quality than with testosterone levels.

TORSTAR NEWS SERVICE

Saint Mary's suspends student who sexually assaulted 14-year-old

Saint Mary's University has suspended one of its students after the 24-year-old Halifax man pleaded guilty on Tuesday to sexually assaulting a 14-year-old girl.

Konstanty 'Kostek' Bedo-Gorski entered a guilty plea during a court appearance Tuesday in Halifax, the CBC reports.

Bedo-Gorski was the girl's soccer coach at the time of the incident last fall.

"He has been barred from campus.... A disciplinary hearing will be held as soon as possible."

A statement from Halifax's Saint Mary's University, which is already under fire after a student chant condoning rape.

sible."

In an interview, university spokesman Steve Proctor said under school policy, the hearing would take place in the next two to 10 days.

When asked why the school made the decision it

did to suspend Bedo-Gorski, Proctor said because "it's a violation of student policy."

In court on Tuesday, the CBC reports the judge had released Bedo-Gorski from custody so he would have time to finish his semester at Saint Mary's. His sentencing is scheduled for December.

The south-end Halifax university has been under fire for the past week over a pro-rape chant led by some student representatives during a frosh week event.

"Y is for your sister ... U is for underage, N is for no consent," the group cheered.

PHILIP CROUCHER/METRO IN HALIFAX

Asia

25% of men in six Asian countries have raped: Study

About one in four men in some parts of Asia admitted raping a woman, according to the first large studies of rape and sexual violence. About one in 10 admitted raping a woman who was not their partner.

In the new research, male interviewers surveyed more than 10,000 men in Bangladesh, China, Cambodia, Indonesia, Sri Lanka and Papua New Guinea.

"It's clear violence against women is far more widespread in the general population than we thought," said Rachel Jewkes of South Africa's Medical Research Council, who led the two studies.

THE ASSOCIATED PRESS

Switzerland

Swiss lawmakers raise legal age for prostitution to 18

Lawmakers in Switzerland, where prostitution is legal, have agreed to make it a criminal act to pay for sex with anyone who is under 18 years old.

The legal age for prostitution would rise to 18 years, up from 16, under an amendment passed by the lower house unanimously Tuesday.

THE ASSOCIATED PRESS

India

Gang rapists guilty on all 11 counts

A court convicted four men Tuesday in the deadly gang rape of a young woman on a New Delhi bus, a brutal crime that galvanized public anger over the widespread — yet widely tolerated — sexual violence faced by Indian women.

THE ASSOCIATED PRESS

Newfoundland

Sexist mug not cool for school

The dean of engineering for Memorial University of Newfoundland says there will be consequences for a sexualized beer mug that has prompted the school's engineering society to apologize.

The mugs feature a cartoon image of a barely dressed woman and the words: "If She's Thirsty ... Give her the ... D (DAY)."

THE CANADIAN PRESS

Wisconsin

Golf course owner shanks 9/11 joke

A golf course owner who advertised nine holes of golf for \$9.11 to mark the anniversary of the Sept. 11 attacks apologized Tuesday but said he would keep the club open despite a backlash that included death threats. THE ASSOCIATED PRESS

China. Boy who had eyes gouged gets implants

A six-year-old Chinese boy whose eyes were gouged out received implants Tuesday at a hospital in southern China owned by a Hong Kong doctor who offered the operation after learning about the brutal attack.

The implants are a precursor to fitting the boy with prosthetic eyes that will look and move more like normal eyes, but do not restore vision. Doctors at the C-MER (Shenzhen) Dennis Lam Eye Hospital also plan to fit Guo Bin — nicknamed Bin Bin — with navigation sensors that would allow the boy to get around on his own in familiar places.

"As his parents, we are full of hope," the boy's father, Guo Zhiping, said over the phone while waiting for the surgery to finish. "We have yet to tell him that his vision would be lost forever." THE ASSOCIATED PRESS



Six-year-old boy Guo Bin's eye implants will not restore his vision.

THE ASSOCIATED PRESS



U.S. President Barack Obama addresses the nation in a live televised speech from the East Room of the White House on Tuesday. Obama blended the threat of military action with the hope of a diplomatic solution as he works to strip Syria of its chemical weapons. EVAN VUCCI-POOL/GETTY IMAGES

U.S. warms to Russia's chemical weapons strategy

Syrian civil war.

After confusion in Washington, officials claim Obama, Putin discussed plan last year

Twenty-four hours after distancing itself from a Russian proposal to secure Syria's chemical weapons, the State Department moved Tuesday to claim co-ownership of the idea, which the U.S. says President Barack Obama and the Russian president first discussed last year.

Russia's unexpected announcement came Monday after Secretary of State John Kerry said that Syrian President Bashar Assad could avert a U.S. strike on his country by turning "over every single bit of his chemical weapons to the international community in the next week."

The State Department initially downplayed Kerry's remarks, which came at a news

conference in London, dismissing them as a rhetorical flourish. But as support for the Russian idea snowballed, administration officials retooled their message.

By Tuesday, Kerry seemed to say it wasn't a verbal misstep at all. He told a House panel: "Yesterday, we challenged the regime to turn them over to the secure control of the international community so that they could be destroyed."

The mixed messages set off a daylong flurry of confusion and, as it turns out, Obama and Russian President Vladimir Putin first discussed the idea last year.

THE ASSOCIATED PRESS

Potential breakthrough

Syria quickly embraced the idea. France, Britain and UN Secretary-General Ban Ki-moon welcomed it.

• By the end of the day, Obama, though expressing deep skepticism, declared it a "potentially a

significant breakthrough" that could head off the threats of U.S. air strikes.

They also came as a surprise to Obama administration officials who were working on the Syria portfolio back in Washington. Confused, they scrambled to mount a damage-control message to tamp down the idea that the administration was making an offer to Assad to avoid military action.

THE ASSOCIATED PRESS

- The State Department said that Kerry and Putin spoke about the idea during Kerry's visit to Moscow in April.

Apple covers off high and low ends with dual iPhone launch

Sept. 20 release. 5C aims for cheap and cheerful, while 5S aims to set 'gold standard'

Apple's latest iPhones will come in a bevy of colours and two distinct designs, one made of plastic and the other that aims to be "the gold standard of smartphones" and reads your fingerprint.

Apple unveiled the latest iPhone models, available on Sept. 20 in Canada and many other countries, during an event at its Cupertino, Calif., headquarters. The move comes as rival phones from Samsung and other manufacturers are challenging Apple's hold on the smartphone market.

The lower-cost iPhone 5C will be available in five colours — green, blue, yellow, pink and white. It has a four-inch retina display and is powered by

Pricing

- The iPhone 5C will cost \$99 US for a 16 GB model and \$199 US for a 32 GB model with a two-year contract in the U.S.
- The second phone, the 5S, is "the most forward-looking phone we have ever created," said Phil Schiller, senior vice-president at Apple. It will cost \$199 US for a 16 GB model, \$299 US for 32 GB and \$399 US for 64 GB with a two-year contract in the U.S.

Apple's A6 chip. It also has an eight-megapixel camera, live photo filters and a rear cover that lights up.

Apple also said its next mobile operating system, iOS 7, will be available as a free download on Sept. 18.

THE ASSOCIATED PRESS



Apple CEO Tim Cook speaks about the new iPhone during a product announcement on Tuesday in Cupertino, Calif. The company launched two new iPhone models that will run iOS 7. The 5C is made from a hard-coated polycarbonate and comes in five colours. The 5S comes in three colours — silver, gold and "space grey" — and features a fingerprint sensor, an upgraded camera and an A7 chip. JUSTIN SULLIVAN/GETTY IMAGES



Sailing on the sunny side

The Turanor PlanetSolar, the world's largest solar-powered boat, travels on the Seine River outside Paris on Tuesday after completing a three-month voyage across the Atlantic Ocean to study how the Gulf Stream and climate change could influence each other. CHRISTOPHE ENA/THE ASSOCIATED PRESS



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Telecom. Open industry to foreign players: Bell CEO

Foreign investment restrictions should be lifted for big telecom companies to allow the market to decide how many wireless competitors Canada can support, Bell CEO George Cope said Tuesday.

"There's nothing to be afraid of. Bring the competition on," Cope told the annual BMO media and telecom conference.

Big telecoms such as Bell, Telus and Rogers are restricted under federal rules from being more than 33-per-cent foreign owned, while small players

Quoted

"There's nothing to be afraid of. Bring the competition on."

Bell CEO George Cope, speaking at an annual media and telecom conference.

with less than 10-per-cent market share have no limits.

The change in rules were a move by the federal government to increase competition in the sector. THE CANADIAN PRESS

Plastic pounds. BoE mulls replacing paper banknotes

Britain is pondering plastic pounds. The Bank of England is considering replacing paper money with polymer banknotes which are billed as cleaner, stronger and more secure.

The bank said Tuesday it will hold a public consultation, bringing samples of plastic money to shopping centres so that members of the public can feel the difference.

Polymer banknotes — made from transparent plastic film coated with layers of ink — are used by countries including



Samples of the proposed new British polymer bank notes are displayed in London on Tuesday. THE ASSOCIATED PRESS

Canada, Australia and Mexico. THE ASSOCIATED PRESS

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Income gap in U.S. hits record

The income gap between the richest one per cent and the rest of America widened to a record last year. The top one per cent of U.S. earners collected 19.3 per cent of household income in 2012, their largest share in Internal Revenue Service figures going back a century. U.S. income inequality has been growing for almost three decades.

THE ASSOCIATED PRESS

Market Minute

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GOLD
\$1,364 US (-\$22.70)

Natural gas: \$3.58 US (-2¢)
Dow Jones: 15,191.06 (+127.94)

RAPE NOT ONE OF THE THREE R'S

So much for higher education.

Here's what school spirit sounds like in 2013: "Y is for your sister"; "O is for oh-so-tight"; "U is for underage"; "N is for no consent" and "G is for go to jail."

That now-infamous rape chant was an integral part of Frosh Week at the UBC Sauder School of Business and (a similar version at) Saint Mary's University in Halifax this year, and who knows where else — a version was featured in Yale's hallowed Ivy League halls a couple of years ago.

Make no mistake, this chant was led by student leaders. Apparently, that's what "student leader" means. Someone who will lead your kids down the garden path and make them think that raping female children is just frosh hijinks, along with chugging quarts of beer or setting fire to your under-



JUST SAYIN'
Paul Sullivan
metronews.ca

pants.

So parents, you might ask your own freshmen what's on their frosh agenda. Not that they'll tell you, if this is any indication of what they're up to.

You might not believe it if you hadn't seen the video of fresh-faced young men AND women gleefully joining the chant at Saint Mary's. Thanks to social media, there aren't as many dark corners as there used to be. Or, more accurately, the corners are still dark; they're just more likely to be exposed.

The grown-ups allegedly in charge at UBC and Saint Mary's are behaving like deer caught in the headlights. Applying feverish damage control: Lots of public declarations of chagrin, frosh week funding cuts, inquiries and demands for the resignations of the bozos responsible. We'll give them the benefit of

the doubt, but let's not be naïve. At Saint Mary's at least, the chant is a tradition. It's been going on for 10 years.

They're all so surprised the student body has fleas. Maybe it's an honest surprise, not just a butt-covering surprise, but they're too quick, IMHO, to characterize the rape chant as an aberration; something wicked that crept in the back door that somehow hijacked otherwise morally-upright kids.

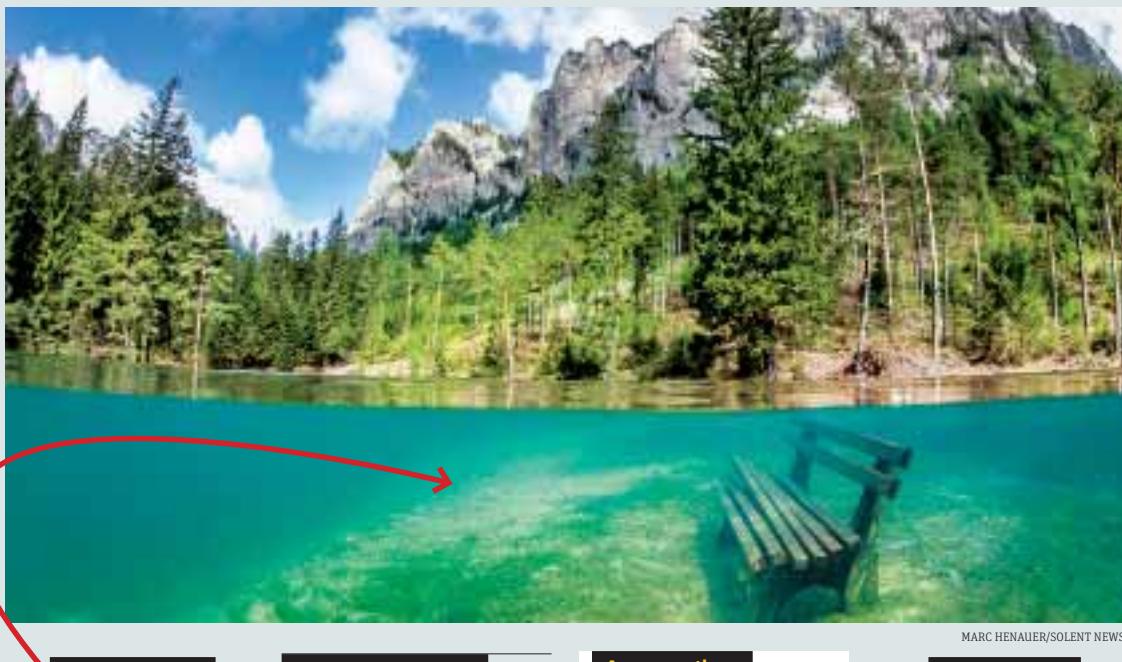
This from the Sauder school dean Robert Helsley: "I couldn't believe it. It's so inconsistent with everything we try to teach our students, and inconsistent with our student body. They are incredibly bright, energetic young people who want to make a positive contribution to society."

Right. Campus Jungle 101: Who wants to be the Lord of the Flies?

Let me put this to every member of the student body: You're only as strong as your weakest link. If you dismiss this as the work of a few harmless troglodytes, just remember that's your sister they're braying about.

ZOOM

Darling, it's better under the sea



MARC HENAUER/SOLENT NEWS

Alpine park turns into water world

For one month of the year in the Alps, a green meadow is transformed into an underwater world by the melting snow of the mountains.

At the Green Lake in Tragoess, Austria, visitors trade hiking boots for scuba diving gear to explore the flooded park. Marc Henauer from Perly, Switzerland, visited the park with his wife and snapped the mesmerizing views of the area.

METRO



Photographer's view

"It felt like I was swimming in a magical world — it was so beautiful. Swimming over the green grass, rocks and trees, it was like being in a fairy tale."

Marc Henauer, 39, scuba diver and photographer from Perly, Switzerland

Awesome thaw

- Lake in depth.** Twelve metres of water is how deep the Green Lake becomes after snow thaws and water submerges the surrounding grass, trees and park benches. In the autumn and winter the lagoon in the park is normally only one metre deep.
- Green water.** The lake's distinctive green hue is the result of the chlorophyll-rich grass and foliage.

While in France a lake turns red

This Austrian water park is not the only unusual yet natural lake phenomenon in Europe.

A lake in Camargue in southern France turns red thanks to an interaction between the water's high salt content and microorganisms. Salt-loving micro-algae called Dunaliella salina feed on the crystals, producing a reddish pink pigment.

METRO



Clickbait
ANDREW FIFIELD
andrew.fifield@metronews.ca



So the curtain was lifted on the newest iPhone Tuesday, which means the iPhone users among us are looking at our still-amazing pieces of technology with at least a little disdain. Rekindle that old flame with some new games.

Giant Boulder Of Death:

Somewhat surprisingly, Adult Swim has become one of the App Store's most dependable publishers, a streak that continues with this destructive take on the Katamari series. Take control of a romantically tilted boulder and create as much chaos as possible while rolling toward revenge. Hugely fun and totally free. (iOS/\$4.99)

ment. Simple sounding stuff, sure, but the gameplay is deep enough to carry it. However, leaving the development of your characters at the mercy of random dice rolls can be a bit of a drag. (iOS/\$4.99)

Ninjin:

The ninja rabbit simulator you've been waiting for has finally arrived. Equip yourself with an arsenal of unique weapons and lace together combos while putting the boots to a wide variety of enemies in a wildly fun side-scrolling beat 'em up. The demo is free, so what's the harm in trying? (iOS/\$0.99)



@eh_c: Bundle with fedora, skinny jeans, and Ray-Bans.

@BrianBlatnicki: Simple. Give it killer battery life!!!

@paulvt: Looks like I have to wait for the iPhone6 for DNA analysis and sobriety testing.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Le Cosa Nostra not so serious

New movies. From killers to killers of comedy, the gangster movie genre bends to both sides of the spectrum but never breaks



IN FOCUS

Richard Crouse
scene@metrone.ca

For every serious mafia drama like *Carlito's Way*, there is another film that doesn't take the La Cosa Nostra as seriously.

Gangster comedies like *The Gang That Couldn't Shoot Straight* and *Some Like It Hot* are early examples of gangland gigglers.

This weekend Robert De Niro, who won an Oscar playing Vito Corleone in *The Godfather: Part II*, and Michelle Pfeiffer, who played a gangster's moll in *Scarface*, team up for *The Family*, a darkly comedic mafia movie.

The film also features *Sopranos* star Dominic "Junior Soprano" Chianese and Vincent "Big Pussy" Pastore in a story about notorious crime family the Manzonis, who find themselves relocated to Normandy, France as part of the witness protection program. Trouble is, they have some difficulty blending in with the locals.

This isn't the first time De Niro has played his tough guy



Robert De Niro has played both spectrums of the gangster flick but he returns to the humorous side of the genre with *The Family*. HANDOUT

image for laughs. In *Analyze This* and its sequel *Analyze That*, he's Paul Vitti, a mob boss who suffers from panic attacks.

To help him through he hires psychiatrist Dr. Ben Sobel (Billy Crystal).

"What is my goal here?" asks the doctor. "To make you a happy, well-adjusted gangster?"

The first movie was a big hit — both commercially and critically, but the second

one didn't fare as well. Roger Ebert wrote, "what seemed like a clever idea the first time feels like a retread the second."

In *The Whole Nine Yards* former hit man Jimmy the Tulip has trouble adapting to life on the right side of the law.

As played by Bruce Willis he's in hiding after ratting out members of Chicago's deadly Gogolak gang.

When his identity is dis-

covered by his neighbour (Matthew Perry) Jimmy has to reluctantly revert to old habits to survive.

"It's not important how many people I've killed," he says. "What's important is how I get along with the people who are still alive."

Years before *Pride and Prejudice and Zombies* became an unexpected literary hit, Hollywood co-opted the marquee value of Jane Austin's name. Director Jim

Abrahams of *Naked Gun* and *Top Secret* fame looked to the underworld for the inspiration of Jane Austin's *Mafia*.

A spoof movie that draws heavily on Martin Scorsese's *Casino* (and not so much on Austin's oeuvre) it marked Lloyd Bridges' last appearance on the big screen, playing a Mafia godfather.

The flick is a quick watch. It runs for a scant 84 minutes, six of which are taken up with credits.

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Jane Lynch. PHOTOS GETTY IMAGES

There will be no Glee in Lynch's divorce

Apparently Jane Lynch's divorce from Lara Embry will be an expensive one, as the Glee star is reportedly being asked to pay more than \$90,000 per month in spousal support to Embry for an annual total of \$1.1 million, according to TMZ.

A document filed last week lists monthly expenses including \$12,000 for entertainment, \$5,000 for charitable donations and

\$4,500 for meals at restaurants, though \$59,909 of the amount requested is meant to go toward "unknown" expenses. The pair separated earlier this summer after three years of marriage. Lynch seems OK with the development, at least, telling a photographer outside a West Hollywood café,

"I think it's the law, isn't it? I think it's the law, so I go with the law."



Keira Knightley

Knightley has had enough of the singing

Keira Knightley isn't one to shy away from a challenge, so when she was asked to sing for her latest film, *Can a Song Save Your Life?* she dove right in.

But once is apparently enough.

"I literally was given the

songs for this about a week before we started shooting," she tells E! News. "We had to go straight into the studio, and I had never sung before and I had to just kind of try and figure it out. So that's what I did. I'm not going to do it again, that was it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Demi Lovato's all a-Twitter this year with two book deals



THE WORD

Dorothy Robinson
scne@metronews.ca

Demi Lovato's tweets are being turned into a book, the Macmillan imprint Feiwel and Friends announced on Monday.

"*Staying Strong: 365 Days a Year* will be a powerful 365 day collection of Demi's most honest, brave and hopeful insights," the press release states.

"Here are her own words,



with quotes that inspire her, as well as personal reflections and goals. This is a book for everyone, everywhere, on their own journey who need comfort, inspiration and a reason every day to stay strong."

The book will be available on Nov. 19 with a Spanish edition, titled *Se Fuerte: 365 Dias Al Año* on Dec. 3.

A memoir by the singer and actress is also in the works.

Lovato is taking over all media in 2013, it seems. In addition to working on this two-book deal, she'll be judging *The X Factor*, as well as appearing on *Glee* this fall. The singer and actress will play a love interest for ex-cheerleader Santana.

"She's playing my love interest, so I'm very, very excited about that. We get to sing a song together," Naya Rivera, who plays Santana, told MTV.

Bullock's boy has a man-crush on Clooney

When it comes to giving her three-year-old son, Louis, some time with a male role model, Sandra Bullock doesn't bother with half-measures.

She goes straight to George Clooney.

"My son thinks he's a very cool dude," she told reporters at the Toronto International Film Festival while promoting *Gravity*, her new film with Clooney for director Alfonso Cuarón. "If there's a choice between me (and) George and Alfonso, my son will leave me to be with George and these guys. He's a boy's boy, so he has to go talk to the men."



Sandra Bullock



James Franco

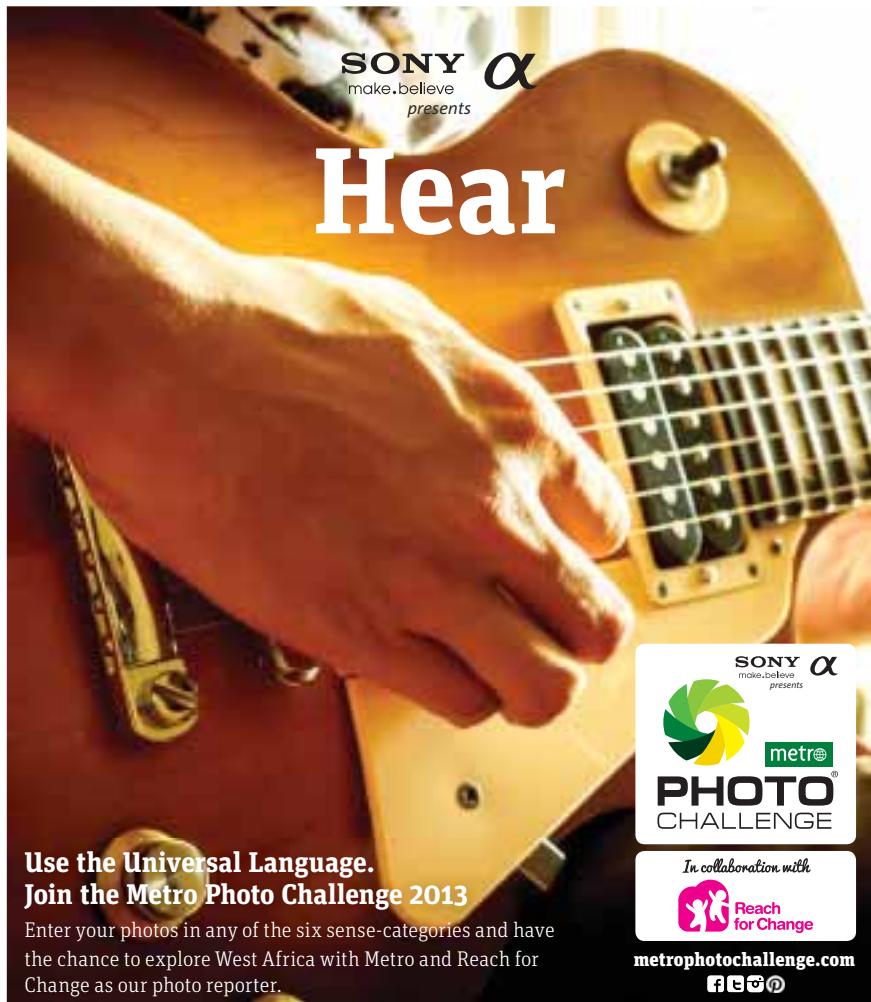
Franco flattered by gay jokes at roast

James Franco wasn't bothered by all the gay jokes hurled his way at his recent Comedy Central roast. In fact, he welcomes them.

"Bring on the gay jokes," he tells the Daily Beast. "Because these aren't insults at all. I don't even care if people think I'm gay, so it was like, awesome! I mean, I wish I was gay."

SONY make.believe presents **α**

Hear



When it comes to giving her three-year-old son, Louis, some time with a male role model, Sandra Bullock doesn't bother with half-measures. She goes straight to George Clooney. "My son thinks he's a very cool dude," she told reporters at the Toronto International Film Festival while promoting *Gravity*, her new film with Clooney for director Alfonso Cuarón. "If there's a choice between me (and) George and Alfonso, my son will leave me to be with George and these guys. He's a boy's boy, so he has to go talk to the men."

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In collaboration with **Reach for Change**

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One of the towering plant sculptures that covered the grounds of the Montreal Botanical Gardens. Cyclists who want to ride the P'tit Train du Nord rail trail can catch a bicycle shuttle outside Montreal at Saint-Jerome. R.M. GREEN/THE ASSOCIATED PRESS

I would not bike 3,000 miles

Just to be the person who did the entire corridor. You're better off choosing a smaller chunk when cycling Quebec's La Route Verte

Quebec's 3,000-mile bicycle network, La Route Verte, has attracted plenty of buzz since National Geographic named it the world's top cycling destination in 2007. But who's got time for 3,000 miles? Most cyclists will want to plan a trip for a few days or a week, and that takes, well, legwork.

That legwork unfolded over months and included scrolling through goofily translated French-to-English web pages in search of useful information. It culminated with rides on two distinct routes in late summer: the P'tit Train du Nord (Little Train of the North) rail trail, running for more than 160 km north of Montreal; and a staggeringly beautiful stretch along the St. Lawrence River from Quebec City east toward the Gaspe Peninsula. This route is also a compelling trip by car.

Route Verte, or green way, is a carefully managed network of off-road trails, dedicated bike lanes and quiet country roads, sometimes linked by moderately busy roadways with decent shoulders — nothing too hair-raising. Its routes have shuttle services, and accredited establishments are obliged to offer healthy, hearty food, safe storage for bikes and



Windswept homes are seen by the river on Ile-aux-Grues in the St. Lawrence River. The island offers quiet roads and stunning river vistas for cyclists and lovers of solitude. CALVIN WOODWARD/THE ASSOCIATED PRESS

The green way is the easy way

It's about as close to being coddled as self-supported cycling gets.

access to repairs and shelter. Inspectors come around to check on that. It's about as close to being coddled as self-supported cycling gets.

The P'tit Train du Nord journey went down smooth and easy — call it the milk chocolate dip. About half is paved; the rest is fine-crushed stone. Towns pop up where you need them as you sweep past placid lakes, rushing waters and mixed stands of hardwood and softwood forest.

The St. Lawrence is more intense, an explosion of garden flowers, wildflowers, dramatic river vistas, commanding churches in storybook villages and gastronomic adventures. Call it the Classique Noir dip of the ice cream shop.

In both areas, it's hit and miss trying to converse in English in small towns or rural areas, though easier in cities and at tourist attractions. But efforts by visitors to try even a bit of tortured

French are welcomed.

So is Quebec worthy of the world's best biking destination?

The Little Train of the North pulls its weight as an enticing bike trail, probably better than the St. Lawrence for families and anyone who doesn't want to mess with a single car while on the bike. For American cyclists, though, there are equally terrific rail trails that may be closer to home.

Route Verte 1, however, is surely in a league of its own. Its farther reaches will be what draw cyclists back, with a pit stop, of course, for ice cream, if the poutine do the trick first.

THE ASSOCIATED PRESS

A tail of two routes

- **P'tit Train du Nord (Route Verte 2).** Get off at the shuttle at Lac-Saguenay, 20 miles short of Mont Laurier, to do the trail in two days. A gentle downhill slope, pavement and well-spaced amenities makes for an easy 40-plus miles on the first day. The route is lined with pristine wooden outhouses. Yep, outhouses. If you can, check out L'Achillee Millefeuille, a bed and breakfast in La Conception where, for \$5, the proprietor will drive guests to Mont Tremblant and retrieve them a few hours later. On day two, aim for 60 miles of cycling. Expect a climb spanning 10 miles.

- **Quebec City to Saint-Jean-Port-Joli (part of Route Verte 1).** A three-hour drive from Saint-Jerome will put you in Levis, with time to visit Quebec City across the river. A \$5 ferry provides an efficient and scenic way to reach Old Quebec and its astonishing architecture, murals and shops — no car necessary. Levis has a few charms of its own. A paved riverside path looking out on Quebec City provides two lanes for cyclists and one for pedestrians. In the testy world of biker-walker relations, this is the height of civilization.

High in protein, low in price



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Proving it's cheap to eat well, deliciously, simply and healthy should be the job of a superhero. But, in the absence of her, here goes.

This soup takes mere minutes to assemble, less than 30 to simmer and provides 17 grams of protein, 78 per cent

Ingredients

Soup

- 2 tsp butter (\$0.06)
- 1 small onion, chopped (\$0.88)
- 2 cups lentils (\$0.98)
- 2 small red potatoes, chopped (\$0.75)
- 2 carrots, chopped (\$0.25)
- 1 litre broth (\$2)
- 6 cups water
- 2 tsp dried basil (\$0.06)
- 2 cups tomato juice (\$1.25)
- 3 tbsp molasses (\$0.25)
- 3/4 cup white wine – optional (\$1)

Total \$7.48/ per serving \$0.94

of your fibre for the day and only 350 calories per serving.

The tea biscuits round it out to a hearty meal.

It's Wonder Soup Woman!

Soup

1. In a very large pot, heat butter over medium heat and add onions, cook 4 min to soften.
2. Stir in lentils, potatoes and carrots. Add broth and water;

Eat cheap (and healthy)

The past three Wednesdays, Metro's Theresa Albert has served up easy to make and healthy recipes that are perfect for families or starving students. Don't forget to look for the final recipes in the series on Sept. 18.

reduce heat to simmer 20 min. Add basil, salt, pepper, tomato juice, molasses and wine if using. Bring to simmer. Cover, simmer 5 min.

Wheat Germ and Herb Tea Biscuits

1. Preheat oven to 425 F.
2. Stir lemon juice into milk to sour.
3. Stir flours, baking powder, salt, basil and wheat germ together. Cut in butter with 2 knives and mash with a fork until the dough looks like peas. Start with 2 cups of milk to make a stiff dough and work it together into a

Sweet Lentil Soup



This recipe serves eight. iSTOCK

ball. Do not over work. Add more liquid as needed.

4. Roll out and use a cookie cutter or inverted juice glass

to cut small rounds.

5. Bake on a cookie sheet for 10-15 minutes until lightly browned.

Drink of the Week

Grey Goose Entre Vous

Hang on to summer as long as you can with this delicious combination of Grey Goose vodka and exotic guava juice.

- 1.25 oz Grey Goose La Poire Vodka
- 1.75 oz guava juice
- .25 oz freshly squeezed lemon juice, strained
- 1 bar spoon of simple syrup
- 1 bar spoon of Maraschino liqueur
- 1 dash of Angostura Bitters
- .5 oz flat water

Add all the ingredients to a shaker with cubed ice and shake hard. Strain into a chilled coupe and finish with a twist of lemon.

RECIPES & PHOTOS COURTESY
THE GREY GOOSE LOUNGE
AT MUZIK IN TORONTO



When being a tart is delicious

1. Crust: In large bowl whisk flour and salt. Add chilled olive oil and using fork, mix until oil is incorporated and mixture is consistency of small peas. Add ice water and mix until dough has just formed. Shaped into a 6-inch disk, wrap tightly in plastic wrap and refrigerate for at least 1 hour.

2. Meanwhile, prepare filling. Position oven rack in middle of oven. Heat oven to 375 F. Coat large baking sheet with olive oil cooking spray.

3. Mist eggplant rounds with cooking spray, then season both sides of each slice with salt and pepper. Arrange eggplant slices in single layer on prepared baking sheet. Bake 30 minutes, or until soft and golden brown. Remove from the oven and set aside.

4. While eggplant cooks, in a large saucepan over medium, heat olive oil. Add onions and sauté until softened and translucent, about 5 minutes. Stir in 1 teaspoon salt and the thyme, then reduce heat to low. Cook, stirring occasionally so the onions don't burn, until very soft and browned, about another 30 minutes. Stir in the vinegar and remove from heat.



This vegetable tart recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Mist 11-inch springform tart pan with cooking spray.

6. On a clean, floured surface using a floured rolling pin, roll the chilled dough into a 13-inch circle. Transfer dough to tart pan and fold in and press together overhanging dough to build up edges. If dough tears or breaks, simply piece it together

and press it into the pan.

7. Spread onion mixture in an even layer over bottom of tart. Add even layer of eggplant. Top with tomato slices arranged in an overlapping circular pattern. Spray the top of the tart with olive oil cooking spray, then season with salt and pepper.

8. Bake until crust is golden and tomatoes are slightly browned, 45 minutes. Remove from oven and cool on a rack. Remove the outer ring of the pan and transfer the tart to a serving plate. Slice into 8 wedges and serve warm, at room temperature or chilled. Serve garnished with torn basil leaves. THE ASSOCIATED PRESS

Ingredients

For the crust

- 2 cups all-purpose flour
- 1 tsp kosher salt
- 1/2 cup extra-virgin olive oil, chilled in the freezer for 1 hour
- 4 tbsp ice water

For the filling

- Olive oil cooking spray
- 1 3/4 lbs small eggplants, peel and cut into 1/2-inch-thick rounds
- Kosher salt and ground black pepper
- 2 tbsp extra-virgin olive oil
- 4 cups thinly sliced red onions (about 3 large)
- 1/2 tsp dried thyme
- 1 tbsp balsamic vinegar
- 4 heirloom tomatoes (multiple colours), cut into 1/4-inch-thick slices
- Fresh basil leaves, to garnish

Dessert. Date and Honey Zucchini Bread



1. Set rack in centre of oven. Heat oven to 350 F. Mist Bundt pan with baking spray.

2. In bowl, whisk both flours, baking powder, baking soda, salt, cinnamon and nutmeg. Set aside.

3. In bowl, whisk eggs until well beaten. Stir in honey, oil and vanilla, then fold in zucchini.

4. Add dry ingredients and chopped dates to zucchini mixture. Stir just until dry ingredients just moisten. Do not over mix.

5. Pour batter into prepared bundt pan. Bake until toothpick inserted at centre of loaf comes out clean and dry, 50 to 60 minutes. Let cool in pan 10

minutes, then turn out onto a wire rack to cool completely. Serve warm. THE ASSOCIATED PRESS

Ingredients

- 1 1/2 cups all-purpose flour, plus more for dusting the pan
- 1 1/2 cups white whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 1 1/2 tsp cinnamon
- 3/4 tsp ground nutmeg
- 3 eggs
- 1 cup honey
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 2 cups packed shredded zucchini (not peeled)
- 1 cup coarsely chopped medjool dates

How many ways can you say employed?

At work. Knowing other languages in a country like Canada can give you a great advantage

SHAHEERAH KAYANI
TalentEgg.ca

Did you know that around 20 per cent of Canada's population speak a language at home that's neither French nor English? That's nearly 6.6 million people who are comfortable interacting with others in one of more than 200 non-official languages.

Being bilingual or multilingual in a culturally diverse country like Canada can open countless doors for you while job hunting. Make those skills immediately visible on your résumé (for example, mention it in your job objective)!

Don't have another language under your belt? There's always time to learn! You could sign up for night classes, or even teach yourself via a book or computer program.

If you still need some convincing about the value of language in the workplace, then check out these five industries where a second (or third, or fourth) language can help you hatch your career:

Health care
Health care is a stable field to work in, since it's a pretty important service. Having the use of an alternate language will make

you an asset to any health-care team and will also position you to work on the administrative side of things anywhere in the country.

POTENTIAL JOBS: REGISTERED NURSE, PARAMEDIC, PHARMACIST, MEDICAL RESEARCHER

Travel

Whether you're at a hotel or resort, or are up at 30,000 feet in a plane, getting away from it all can go from a relaxing idea to a frustrating experience if there are communication barriers.

Speaking multiple languages is a skill that could make you indispensable to a hospitality or travel team. Plus, the opportunity to explore new places isn't a bad job perk.

POTENTIAL JOBS: RESORT MANAGER, AIRLINE STEWARD/STEWARDESS, FRONT DESK REPRESENTATIVE

Education

Since you're lucky enough to have a skill that is invaluable in many situations, why not impart some of this knowledge to those with a desire to learn it?

Education is an extremely rewarding career path. Your contributions could help someone hatch a career.

POTENTIAL JOBS: CURRICULUM SPECIALIST, ESL INSTRUCTOR, GUIDANCE COUNSELOR

Customer service

Providing customer service will be much more effective if both parties can communicate clearly.

Being bilingual or multilingual will allow you to serve a greater number of



Si vous pouvez lire ceci, vous connaissez déjà les avantages du bilinguisme. iSTOCK

customers, which will give your company a greater scope of potential clients — something that will definitely please both your employer and your customers.

POTENTIAL JOBS: SALES CLERK, CUSTOMER SERVICE REPRESENTATIVE, HOST OR HOSTESS

Social services

Social service covers a huge range of work and includes dedicated work with those in need. In this field, it's critical to eliminate as many language barriers as possible to ensure that every client's unique needs are being met.

POTENTIAL JOBS: CHILD WELFARE WORKER, SUBSTANCE ABUSE WORKER, SOCIAL WORK ADMINISTRATOR

A job that allows you to put your bilingual or multilingual skills to work can be a rewarding and exciting direction for your career. Next time you're job hunt-

ing, pay close attention to those seeking candidates with additional language skills.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Tips to make working from home work



Can you be just as productive working from home? iSTOCK

MEGHAN GREAVES

TalentEgg.ca

One of the greatest advantages for gen Ys entering the workforce is the increase in alternative, more flexible office environments.

Working from home is one of the biggest trends companies are incorporating into their corporate culture.

There are many perks to working from home: no commute, travel expenses, or dress code policies, to name a few. While rare, students or new grads may be given the opportunity to work partially or completely from home.

The following tips will help you make working from home

a positive and productive experience:

Visit your coworkers

Set dates to go into the office and interact with your colleagues face to face. You will develop stronger relationships with your coworkers and remind them that you are more than daily emails in their inbox.

Define your work space

As a student or new grad, space may be limited, but defining an area as your "office" or "work desk" is an ideal way to work effectively at home. It will help establish a routine and keep you from getting distracted.

Keep your workspace organ-

ized

Even though your coworkers and managers might not be around, it's important to keep your work area tidy. Having a messy office space at home becomes overwhelming and distracting when trying to complete your job responsibilities.

Check in and check out

Schedule your work hours as if you were going to the office every day. If your co-workers work from 9 a.m. to 5 p.m., your hours should be similar. This establishes a healthy routine, creates effective communication channels between you and your colleagues and ensures you don't impede their productivity.

MLB

Jays-Mets to bring big-league ball back to the Big O

The Toronto Blue Jays will play a pair of pre-season games next spring at Montreal's Olympic Stadium.

The Jays will host the New York Mets on March 28-29 in the first Major League Baseball games to be played at the stadium in 10 years.

On Sept. 29, 2004, the Montreal Expos dropped a 9-1 decision to the Florida Marlins in the final home game of their 36-year history. They were owned and operated by MLB from 2002-2004 and the team was sold and relocated to Washington, D.C., for 2005.

THE CANADIAN PRESS

MLB

Pirates giving fans real reason to cheer

Barry Bonds was the slugger in the middle of their lineup, and Doug Drabek was the ace of a rotation that included rookie knuckleballer named Tim Wakefield.

That was the Pittsburgh Pirates, circa 1992, when they had their last winning season — until now.

"It's a sports town; a blue-collar town. They love guys that work hard, but they also want their winners," said outfielder Marlon Byrd, one of the newest Pirates. "We're giving this city something to cheer about, and it's big."

The Pirates earned their 82nd victory, ensuring their first winning record in 21 seasons, with a 1-0 win Monday night at Texas against Yu Darvish.

THE ASSOCIATED PRESS



NHL training camps open Wednesday, a brief 79 days after the Blackhawks were awarded the Stanley Cup in Boston. JIM ROGASH/GETTY IMAGES

4 SPORTS

Summer's over, now get ready for camp

NHL. Players returning to team action after condensed off-season

For hockey players, time is relative.

The Pittsburgh Penguins getting swept out of the playoffs has Evgeni Malkin itching to get back on the ice with his teammates.

"I miss hockey," he said. "It's (a) long summer."

Yet it's actually the NHL's shortest summer in recent history. Training camps open around the league Wednesday,

just 79 days after the Chicago Blackhawks wrapped up the lockout-shortened 2013 season by winning the Stanley Cup.

"I think for us, it's a short off-season but we're excited to go back to camp and be together with a team again, get things started and just get back to our daily job as hockey players," Blackhawks captain Jonathan Toews said last week.

Condensing a 48-game regular season starting mid-January made for a June 24 ending. The draft and free agency came and went in a blur.

Blackhawks players got to celebrate with a parade and

now must shift focus to the business of trying to repeat their win. For players from the runner-up Boston Bruins and everyone else, preparations for training camp have been underway for a while.

It doesn't seem to matter that the off-season was so brief.

"From how you prepare for a season I don't think it has any effect," Winnipeg Jets left-winger Andrew Ladd said. "I think you would always usually come into town a couple weeks early and skate with the guys and start preparing for the season."

Those informal skates are over, as are rookie camps.

New rules

Under the NHL's new collective bargaining agreement, there are more mandatory off days and limits on ice time.

- Camps are limited to 20 days for veterans, and each player is required to have two days off.

Teams have physicals and other off-ice activities scheduled for Wednesday and the first on-ice sessions Thursday.

THE CANADIAN PRESS

NFL. So Suh me: Lions DT fined \$100K for low block



Ndamukong Suh GETTY IMAGES

Ndamukong Suh's latest controversial play drew a hefty fine.

The Detroit defensive tackle was docked \$100,000 by the NFL for his illegal low block on Minnesota centre John Sullivan in the Lions' season-opening victory Sunday. Suh hit Sullivan during an interception return by Detroit linebacker DeAndre Levy, and the penalty negated what would have been a touchdown.

Suh said Sunday he wasn't going after Sullivan's knees,

adding that the two had discussed the play at halftime. Detroit players said Suh apologized to the team Tuesday.

THE ASSOCIATED PRESS

Soccer

Canada falls to Mauritania

Canada was unable to get any offence going again Tuesday as the national men's team closed out its first camp under new head coach Benito Floro with a 1-0 loss to Mauritania.

Adama Ba scored the game's lone goal eight minutes into the second half. Canada had dominated play throughout the game, a solid development for a young squad that continues to adjust to a new system.

THE CANADIAN PRESS

Olympics. Bach to succeed Rogge as IOC president

Longtime favourite Thomas Bach was elected president of the International Olympic Committee on Tuesday, keeping the powerful sports body in European hands.

Bach, a 59-year-old German lawyer, succeeds Jacques Rogge, the Belgian who is stepping down after 12 years.

Bach defeated five candidates in the secret balloting. He received 49 votes in the second round to secure a winning majority.

THE CANADIAN PRESS



Thomas Bach was voted the IOC's new president on Tuesday. GETTY IMAGES

Sizing up the big variables

Here are six storylines adding intrigue to Canadian NHL training camps:

THE CANADIAN PRESS
Photos by Getty Images

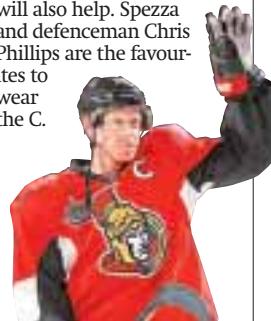


Leafs Kadri and Franson unsigned

Nazem Kadri would slide into Toronto's lineup perfectly as the second-line centre behind Tyler Bozak and ahead of Dave Bolland. Cody Franson would play top-four minutes on the blue-line. Only problem is, neither restricted free agent has a contract yet. Leverage is hard to come by for RFAs, so deals could be done sooner rather than later, but until they are it's a major question for the Leafs.

Sens move on from Alfredsson

Daniel Alfredsson's gone, something centre Jason Spezza said the Senators were prepared for, just not the former captain leaving for another team. Filling the leadership void is the first step in Ottawa's process, while the addition of Bobby Ryan on the ice will also help. Spezza and defenceman Chris Phillips are the favourites to wear the C.

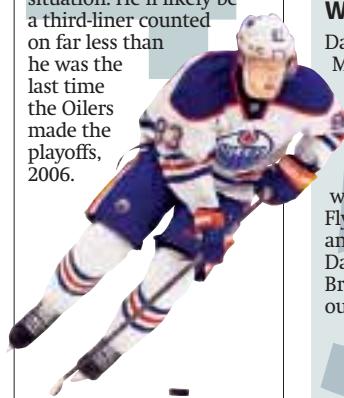


Tortorella gets feet wet in Vancouver

Like he did with the Rangers, coach John Tortorella sent Canucks players a list of what to expect at training camp as far as fitness testing. It's going to be a lot different than life under Alain Vigneault, something centre Ryan Kesler readily acknowledges. How the Canucks take to Tortorella's style is a storyline that will develop throughout the early part of the regular season, but the first taste of it could be a culture shock.

Hemsky stuck in Edmonton

Dallas Eakins is the Oilers' new coach, and every top-six forward is 25 years old or younger. That leaves veteran right-winger Ales Hemsky, 30, in a difficult situation. He'll likely be a third-liner counted on far less than he was the last time the Oilers made the playoffs, 2006.



Briere's place with Canadiens

Daniel Briere signing in Montreal was a feel-good story, but now the question is how he'll help the Canadiens remain a playoff team. He played centre and wing for the Philadelphia Flyers, and that back-and-forth could continue. David Desharnais and Briere could figure that out during training camp.

Leafs goalie competition

James Reimer's 2.46 goals-against average and franchise-best .924 save percentage last season notwithstanding, the Maple Leafs traded for goaltender Jonathan Bernier from the Los Angeles Kings. General manager Dave Nonis said he liked having Reimer and Bernier as a great tandem, and it's conceivable that they'll split regular-season starts evenly.



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2011 2012
2000 2002 2004 2005 2008 2010
2011 2012

The 2014 Kia Cadenza



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Kia ditches its features list to finally date on the all-importants like style, feel and personality

MALCOLM GUNN
wheelbasemedia.com

It's obvious that picking a new Cadenza is supposed to be a no-brainer decision. Not that you won't want to examine it thoroughly before your purchase, but with a generous amount of built-in luxury and convenience hardware/software, picking your colour scheme just might be the only scheming you have to do.

The Cadenza's introduction is a significant one for Hyundai's subsidiary. The brand that once sold mainly small cars and wagons to younger, first-time buyers, has gradually expanded its lineup to include a variety of smartly styled vehicles that look nothing like their Hyundai counterparts.

The Cadenza is a prime example of this philosophy. It's similar in size to, and shares the same stretched architecture as the Hyundai Azera, a model sold only in the U.S. However Kia design boss Peter Schreyer (a rock star in the automotive design world) has taken a totally unique approach in shaping the Cadenza's sheetmetal. His efforts have yielded a subtle-looking sedan that conveys a greater sense of class and polish than the Azera with its trendier looks. Clearly the Cadenza is Kia's attempt to gain favour with more mature buyers who place pampering content on their must-have list.

Pushing the starter button engages a 3.3-litre V6 with 293 horsepower and 255 pound-feet of torque and connected to that V6 is a six-speed automatic transmission with steering-wheel-mounted paddle shifters.

Although the Cadenza seems to be geared for older buyers, the car's "sport-tuned" suspension is somewhat firmer than that of some of its competitors, but

2014 Kia Cadenza

• **Type.** Four-door, front-wheel-drive mid-size luxury sedan

• **Engines (hp).** 3.3-litre DOHC V6 (293)

• **Transmissions.** Six-speed automatic

• **Base price (incl. destination)**
\$39,400

Fuel Economy

Pulling away from a stop, the powerplant balks at being pushed too hard, likely in the interests of maintaining its city fuel-consumption rating of 11.2 l/100 km and the highway figure of 7.4. When you're rolling, it gathers itself up quickly and pushes you back in the seat with ease.

Compare



1 Toyota Avalon
Base price: \$38,500



2 Buick LaCrosse
Base price: \$39,600

Interior design

The interior design work is low-key, but is right in step with most luxury-oriented models. The hardware and trim are first-rate and the big and round gauges are easy to read. There's no shortage of dashboard and steering-wheel switches and buttons to fiddle with, but at least they're clearly marked.

still returns a good ride without a lot of clattering from underneath. The electric power-steering rack is responsive and tends to skitter around the highway much less than in some other rides with similar tech.

The base Cadenza with its out-the-door price of \$39,400 (less taxes) piles on the goodies with a leather-fitted interior, 10-way power-adjustable driver's seat and dual-zone climate control with front and rear-seat ventilation. There's also a navigation system with eight-inch touch-

screen display, rear camera with backup warning and a 550-watt Infinity sound system.

The Cadenza Premium adds a panoramic sunroof, power rear sunshade, heated steering wheel, front and rear heated seats with upgraded soft-leather covers, electronic parking brake and a power-tilt-and-telescoping steering wheel. Unfortunately, the Cadenza cannot be ordered with all-wheel-drive, but since it isn't offered on any Hyundai/Kia sedan, that's no surprise.

Fully optioned, the Cadenza brushes up against the \$45,000 mark. That means it's now trespassing on territory staked out by the bigger rear-wheel-drive Hyundai Genesis as well as a number of other established luxury sedans. That probably won't bother Kia's buyers who will see the Cadenza as an honest, straightforward luxury car, minus the pretense and posturing of competing marques.

And that makes it a no-brainer in every sense of the word.

5 DRIVE



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Parts Department

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The Cadillac of jackets

Clothing made from recycled materials continues to catch on as a more environmentally responsible alternative to buying new. Oakland, Calif.-based Platinum Dirt creates clothing and accessories sourced from the leather seat covers of decommissioned automobiles. For example, the company's line of VIN Jackets (so called because the Vehicle Identification plate from the donated car is attached to the product) is made from the stuff. As you can imagine, no two jackets (starting at about US \$1,850) are alike, but all are painstakingly tailored and include stitched-in brocade (silk) linings. The current inventory includes repurposed leather from Cadillacs, Lincolns, and Mercedes-Benzes. View Platinum Dirt's inventory at platinumdirt.com.



Ring finger power

This item is for the gearhead in your life who seems to have everything related to his or her obsession. Cruzin' World's Web site has a selection of rings that feature hotrod V8 engine designs. The collection includes both carbureted and fuel-injected Chevrolet engines along with a few supercharged - or "blown" - V8s. All rings are made of sterling silver with added brass for the valve covers, carburetors and supercharger scoop. Prices range from US \$350-\$450, depending on the intricacy of the design. Check them out at cruzin-world.com.



Try overhead camping

For those who aren't thrilled about sleeping in the dirt, Hannibal Safari has an interesting solution. The Australia-based company markets its line of rooftop tents in North America, including this original Hannibal Classic model that's priced at US \$2,600. This high-end tent mounts on top of flat-roofed vehicles such as wagons, vans and trucks. The hinged marine-grade plywood floor is edged in aluminum, while the three-inch foam mattress features a removable cover. The tent itself, including the fabric and hardware, is also designed to repel water. When set up, the 60-kilogram structure is about 2.4- 1.6- x 1.3-metres tall. Visit hannibal-safari-usa.mybigcommerce.com to view and order Hannibal products, as well as to see the video on setting up the tent.



Travel light

The inventive folks at Teal International of Loveland, Colo., believe that you don't need to tow a bulky trailer or own an expensive recreational vehicle to enjoy life in the Great Outdoors. The line of Tail Feather modular compact campers and shelters are unique in that they can be assembled and disassembled in less than an hour using only a screwdriver. Each unit is designed to rest either on an inexpensive utility trailer (not included), or in the bed of a pickup truck. And since each weighs in the 180-225-kilogram range (depending on the model selected), they can be easily towed or transported. Prices start at US \$6,000 for the basic shell, while turn-key campers start at US \$7,500. View the complete Tail Feather line at tealinternational.com.



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When life gives you lemons, sell them

Autopilot. Gloomy writer Vonnegut's real-life tale of him selling Saabs in the '60s was a joy to read



AUTO PILOT

Mike Goetz
drive@metronews.ca

I just love it when a great author "goes automotive." Kurt Vonnegut does so on occasion in his 2005 collection of essays, *A Man Without a Country*, which I re-read last weekend.

It's dark stuff. He is very critical of the human race, and not too optimistic about our future, but he always delivers his news with such humour and elegant prose that you want him to keep going — keep telling us why we suck so much.

Consider this rant: "Evolution can go to hell as far as I am concerned. What a mistake we are. We have mor-

tally wounded this sweet life-supporting planet — the only one in the whole Milky Way — with a century of transportation whoopee."

Ouch. I'm a deep practitioner of this kind of whoopee. So are a lot of other people.

But he kind of used to be one of us. Kind of. I didn't know Vonnegut used to be the owner and manager of an automobile dealership until I read his essay, *I Used to be the Owner and Manager of an Automobile Dealership.*

This was back in the 1960s, and he sold Saabs. He didn't think much of them.

"Unlike other cars, but like your lawn mower and outboard, it had a two-stroke rather than a four-stroke engine. So every time you filled your gas, you had to pour in a can of oil as well. For whatever reason, straight women did not want to do this."

Even if straight women did this, the oil and gas thing presented problems whenever you left your Saab parked for a length of time.



Author Kurt Vonnegut. CONTRIBUTED

"The oil would separate from the gas and sink like molasses to the bottom of the tank," writes Vonnegut. "So when you started up again, you would lay down a smoke-screen like a destroyer in a navel engagement."

"And I actually blacked out the whole town of Woods Hole at high noon that way, having left a Saab in the parking lot there for about a week.



Kurt Vonnegut sold, and wrote about, two-stroke Saabs, like this early Saab 96. CONTRIBUTED

I am told old timers there still wonder out loud where all the smoke could have come from."

In all the essays in this book Vonnegut is either bemoaning what people have done or become, or joking about it, or explaining why jokes are necessary.

He believes humour and art are how a lot of us cope and/or rail against fear, not

ing that most great works of literature "are all about what a bummer it is to be a human being."

It's Vonnegut's genius to simultaneously make the reader feel bummed out about human beings, but also proud of being one at the same time.

Consider this excerpt about when he was a POW in Dresden during the

Second World War: "While we were being bombed in Dresden, sitting in a cellar with our arms over our heads in case the ceiling fell, one soldier said as though he were a duchess in a mansion on a cold and rainy night, 'I wonder what the poor people are doing tonight.' Nobody laughed, but we were still all glad he said it."



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How much does a car cost? You may think it's just what you paid for it, but whether it's a new or used vehicle, it's actually far more than that.

"The true cost of a car includes not only the purchase price, but what it costs to keep and maintain it, and insure it, over the life of the car," says Phil Raby, a writer for MoneySense magazine. "There are many different ways to figure it out."

Raby suggests researching vehicles by using such resources as Consumer Reports, Lemon-Aid, and the

non-profit Automobile Protection Association (APA). While reviews of new vehicles will give you an initial overview, it's important to look at long-term reports as a new model ages, to see if recurrent problems crop up.

Reliable cars will likely end up costing you less in the long run, Raby says. "Cars made by Japanese manufacturers like Honda or Toyota tend to cost more, but the general feeling is that they will cost less in repair bills," he says. "The more expensive car may be the better one in the long run, especially if you keep your car until you run it into the ground."

If you're considering a car, call your insurance company and see how much it will be to cover it. Factors that affect insurance include the car's initial cost, its depreciation, the price of collision repairs and replacement parts and even its theft rate.

Shop around for the best rates, including online

quotes, to help reduce your costs.

Purchase interest is something many people don't factor in, and it can make a huge difference, especially if you're considering the extremely long financing terms that some automakers are offering. "The danger with an 84-month term is getting an 'upside-down' loan, where the value of the car is lower than the amount outstanding on it," Raby says, warning that if you have to sell the car during the loan period, you could still owe more than you will get for it. "If you can't afford to buy a car and pay it off in five years, then get a less-expensive car, rather than a 72- or 84-month loan," he adds.

Keep your eye on the bottom line, Raby says. "It's not just how cheap your monthly payment will be, but what you will end up paying in the end. You could buy a car for \$20,000, but it could cost you \$30,000 when it's all stretched out."

Horoscopes

Aries

March 21 - April 20

You can charm the birds out of the trees today, but your long-term interests would be better served if you charm a wage rise out of your boss. Make sure you know your own value, and make sure you get it.

Taurus

April 21 - May 21

If you let others make decisions for you today, their efforts are likely to fall short of what you require. Whatever tasks come your way, do them yourself.

Gemini

May 22 - June 21

The challenges coming your way may be tough but you have what it takes to make the best of them, by getting the best from yourself.

Cancer

June 22 - July 23

If you need to enlist other people's help then speak up. As Venus moves into the most dynamic area of your chart, you will find ways to bring your charisma and can-do spirit together. It's a winning combination.

Leo

July 24 - Aug. 23

Even Leos find the going tough sometimes and if you have a problem of some kind today, you must ask for help. The longer you pretend everything is going fine, the bigger the fallout when it all gets too much.

Virgo

Aug. 24 - Sept. 23

You have a way with words but sometimes you say too much or speak in too aggressive a tone. With Venus moving into the communications area of your chart today that isn't a problem though.

Libra

Sept. 24 - Oct. 23

You need to find a way to strike a better balance between work and family issues. If you know you won't be able to meet certain obligations then say so.

Scorpio

Oct. 24 - Nov. 22

Petty victories are just that — petty. As of today, you must raise your sights and focus only on battles that are worthy of your talents. One major battle won is worth a thousand skirmishes of no consequence.

Sagittarius

Nov. 23 - Dec. 21

You may have to do something you don't much enjoy but if you adopt the right attitude and do a good job, you may be surprised how rewarding it is.

Capricorn

Dec. 22 - Jan. 20

Confidence is your most potent weapon and if you act as if nothing can possibly go wrong, today most likely nothing will. The universe has a way of rewarding those who take a carefree, can-do attitude to life.

Aquarius

Jan. 21 - Feb. 19

Your prospects are getting better and with values planet Venus moving into the career area of your chart today, the powers that be will look on you kindly. If you have a dream, let the world know.

Pisces

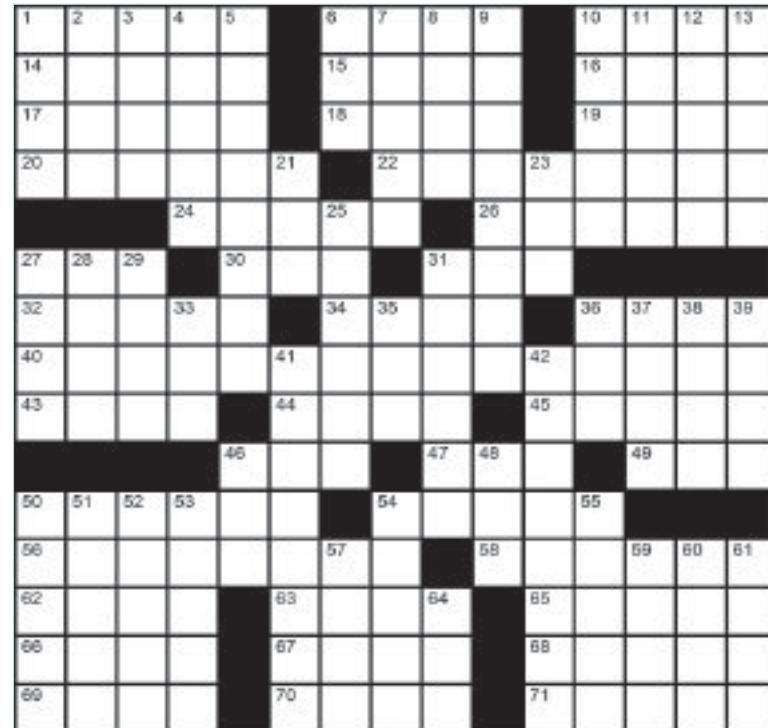
Feb. 20 - March 20

This should be a wonderful time, especially if you are on the move. Whether you travel to the far side of the Earth or just down the road to see a friend, love and laughter will go with you every step of the way. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Guy
6. Awestruck
10. Hunk
14. Sci-Fi flick starring Sigourney Weaver
15. Bill of fare
16. Stack
17. Hotel employee
18. Walk worriedly
19. Leave out
20. Main course
22. Confine
24. Patio places
26. Glam furniture piece
27. Distant
30. Casual top
31. Barley bristle
32. Surface
34. Catherine of "The Dukes of Hazzard"
36. Fashionable
40. It might lead government to keep things secret: 2 wds.
43. Acquire
44. Zero
45. Canada-England divider
46. On: French
47. Calligrapher's prop
49. "Hiss!"
50. Parka
54. Delighted the audience, ___ the show
56. Be a tourist
58. Mr. Mandela
62. Auto race, ___ 500
63. Put on payroll
65. Village People hit: "___ Man"



66. Judge
67. Advocate
68. Molecular bits
69. Eagle of the sea, variably
70. Eager
71. Current affairs-ish

Down

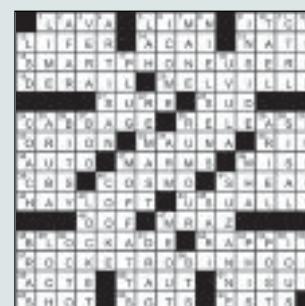
1. Best-liked, com-

monly
2. Flair
3. Cheerful music
4. Wary
5. Aardvark
6. Music blaster
7. ___ up for (Gets prepared)
8. Stevie Wonder's "For ___ in My Life"

9. Band from Winnipeg, with The: 2 wds.
10. Hockey is a what?
11. Speedy
12. Lewis Carroll character
13. Hollywood legend Ms. Davis
21. Another time, in verse

23. X ...spelled in English
25. Credit card user
27. Speedy
28. Region
29. Humphrey's part in "Casablanca" (1942)
31. Topper of letter 'e' in French words,

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	2	4	3	7	8	6	5	1
1	6	7	9	4	5	8	3	2
5	8	3	6	1	2	9	7	4
2	4	9	7	3	8	5	1	6
8	3	5	1	2	9	4	6	7
7	1	6	5	8	4	2	9	3
3	5	8	2	9	7	1	4	6
4	9	1	8	6	3	7	2	5
6	7	2	4	5	1	3	8	9

5			4
4			3
5			2
5			1
6			8
8			6
1	6	2	7
9	2	1	4
6	9		9



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